

HERALD'S PAGE FOR WOMEN READERS

WHAT TO SERVE AT THE HOME TABLE

BREAKFAST.
Corn Flakes with Cream.
Golden Toast, Coffee.

LUNCHEON.
Souffle of Tomatoes, Neapolitan Style.
Hot Bread, Fresh Fruit.
Butter, Sugar.

DINNER.
Toad Roulade, Crisp Cakes.
Stuffed Cabbage and Stewed Corned Beef.
Chocolate Cream Souffle.

Souffle of tomatoes, Neapolitan style—Cook tomatoes until thick, add pinch of soda, then force through a strainer. There should be one cupful of tomato puree. Melt two tablespoonfuls of flour and stir until well blended; then pour on gradually one-half cupful of milk and the tomato puree. Bring to the boiling point, season with salt and pepper and add one-half cupful of grated cheese, one cupful of cooked macaroni and the beaten yolks of three eggs. Fold in the stiffly beaten whites and bake in buttered baking dish or in individual ramekins. Serve as soon as set.

Chocolate cream souffle—This is a nourishing dessert and not too rich. Whip half a pint of thick cream, then beat in two or three tablespoonfuls of chocolate syrup; place some plain ice cream in a sherbet cup and pour the chocolate whip over. This will make six moderate helpings, using one pint of ice cream.

Expensive—Melons: cucumber, cabbage, tomatoes, 20c; corn flakes, nut bread, toast, 10c; coffee, buttermilk cream, 10c; corn, beans, onion, 10c; peas, carrots, three eggs, 7c; cheese, butter, bouillon cubes, 15c; ice cream, one pint, 20c; chocolate, crackers, sundries, 12c. Total, 25c.

NEW IN THE REALM OF FASHION

The Medici dollar seems to have come to stay.

One piece linen dresses are in great demand.

Long lines are a feature of all coats and suits.

The best dancing petticoats are accordion pleated.

Skirts with flounces are now regarded with favor.

Crocheted tango and maxixe necklaces are coming in.

Velvet ribbons are used on the most picturesque hats.

It is said that petticoats are getting wider over the hips.

Fancy bolero jackets are seen in the latest cotton dresses.

Among ten pretty gowns there will be five of black tulle.

Bags are being made partly of beadwork and partly of silk.

Recrecker lingerie comes nowadays with embroidery on it.

Military collars appear on some of the new automobile coats.

Glazed foliage and fruit are used together on many fashionable hats.

Smaller shoe buckles are in favor. However, they are more elaborate.

Battie and pique are one of the oddest combinations of the summer.

RINSE THE HAIR WITH LEMON JUICE

That is, if the hair is light in color. It is said to give it the most wonderful tone, to bring out all the red lights in the hair and to keep it from becoming too dark. And who of us is not lamenting the fact that our hair is sadly losing its fresh color? So those of you who have light hair, try lemon juice and see if what I say is not true. The juice of six lemons is sufficient.

SLOUCH NO LONGER FASHIONABLE STYLE

Since the protruding stomach and slouch are going "out of style," let us hope that in time it will really become fashionable to brace up. Drooping shoulders may be fashionable, but no one can call them beautiful, and it will be a relief to those who object to the consumptive pose when a high chest will once more be carefully developed.

THE WORKBAG.

One of the best and neatest ways to finish the edges of scallops is to cut the material around the scallops, leaving material the width of the scallop beyond the finished work, then turn it under and hem it to the back of the scallop by hand.

This method gives the much desired padded effect when pressed on the wrong side.

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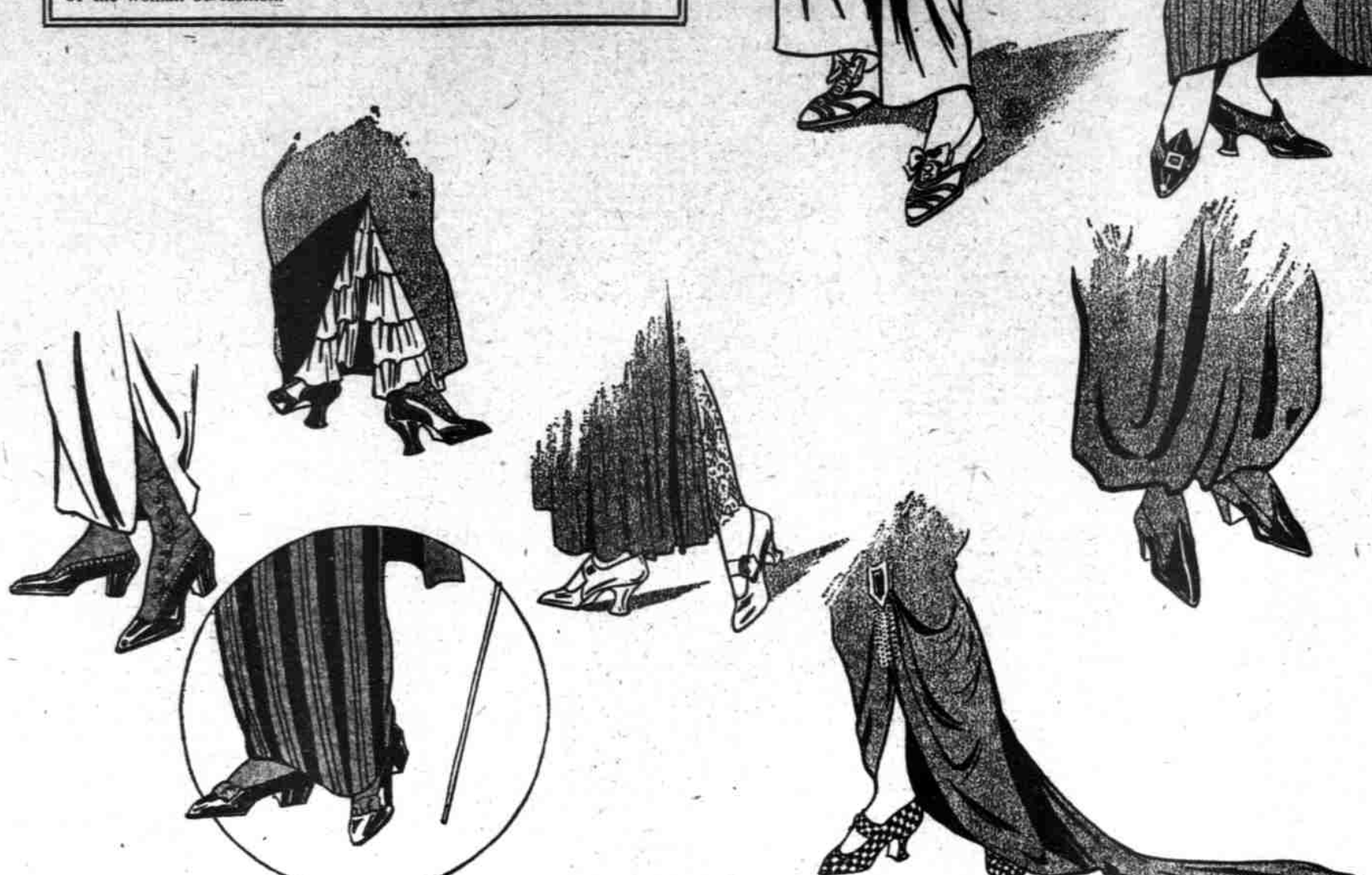
—and because such help usually makes them our lifelong friends and patrons.

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TO BE WELL DRESSED LOOK CAREFULLY TO KIND OF SHOES YOU WEAR

A shoe for every hour—and for every half hour, if you have money to buy them and time to change them. That is the watchword of the woman of fashion.



HOUSEWIFE'S DAILY ECONOMY CALENDAR CUTTING DOWN THE MEAT BILL.

By FRANCES MARSHALL

There are few of us who are sufficiently vegetarian in taste or conviction to meet the high cost of meat by eliminating the flesh food from our diet. There is something in the very small of cooked meat, a juicy, broiled steak or a savory ragout, that breaks down the fabric of our vegetarian convictions. The best thing to do, then, in cutting down the meat bill is to learn several ways of using cheaper food, or meat and part, a small amount of meat with vegetables or cereals so as to increase their bulk without materially decreasing their tastiness.

Here are a few inexpensive meat dishes collected from the various "Farmer's Bulletin" issued by the United States Department of Agriculture. This recipe comes from Bulletin No. 558, on corn meal as a food. It calls for one pound of lean pork, part meat and part bone, one cupful of corn meal, one teaspoonful of salt, one-half teaspoonful of powdered sage and water—all ingredients which the most impecunious housewife could afford.

The bulletin directs us to "cook the pork in water until the meat can be easily removed from the bone. Remove the meat, cool the broth, and remove fat. Reduce the broth to about a quart, or add cold water enough to bring it up to this amount, and cook the corn meal in it. Add the meat finely chopped and the seasonings. Pack in granite bread tins. Cut into slices and fry. Beef may be used in the same way.

Here is a rule that appears in two of

the Farmer's bulletins, the one on the use of mutton, and the one on the economical use of meat, and it is a recipe that justly bears repetition. A housewife who once uses this rule will do well to make it part of her cooking repertoire. The rule calls for one and a half pounds of mutton cut into small pieces (a less bony cut of mutton is sometimes preferred), one tablespoonful of butter, one tablespoonful of flour, one onion, one carrot, one-half can of peas, two cupfuls of hot water, one teaspoonful of salt, one-quarter of a teaspoonful of pepper, one bay leaf, a sprig of parsley, and one clove.

Here are the words of the bulletin: "Put butter in frying pan. When melted add flour and brown. Add carrot and onion cut in dice. Remove vegetables and add meat, searing well. To meat and vegetables add hot water and seasonings. Put in suitable kettle and simmer two hours. Add peas ten minutes before serving with farina balls." To make the farina balls cook a quarter of a cupful of farina in a double boiler with one cupful of milk for one hour. Add one-quarter of a teaspoonful of salt and half as much pepper and the beaten yolk of one egg. Stir well and cool. When cold roll into balls. Dip in egg and crumbs and fry in deep fat. Rice may be used instead of the farina.

Frances Marshall will be glad to answer in this column any questions concerning household subjects.

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THINK YOU'RE IN LOVE?

Don't believe a word about there being "as good fish in the sea as ever were caught," writes a contributor to the Philadelphia Record. It is a silly and vulgar old saying, unworthy any true lover repeating it. Know that the man you love is a king among men, and should be treated so, and see to it that you make yourself a queen worthy to be his mate.

Know that love is the most precious gem that any lover could offer you, and once you accept it at least take the ordinary precautions that you would take with jewels to see that it is not misplaced or neglected.

If the love that you think you feel does not make of you a new and more generous creature than you have ever been before, beware of it. Either your lover lacks sincerity or your own honesty will bring looking into it.

The girl who stoops to coquetage loves—remember this—is never put on a pedestal and worshipped by the man she seeks to enthrone.

FOR WASP STINGS.

There is no better remedy for wasp stings than lemon juice. Continue to apply at intervals of ten or fifteen minutes until the pain ceases.

There are now more than 50,000 autos used by farmers in the United States, and the number is increasing at a tremendous rate. These machines are not used for pleasure, but for economy of time and the saving of horses in the daily work on the farm.

Girls, Have You Seen It?



Our charming Palm Garden is daily the mecca for those who enjoy good music, beautiful surroundings, and delicious ice cream and frozen dainties.

Musical from 2 to 5 and 10 to 12 p. m.

DELICIOUS CANDIES.

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WOODLAND SUPPLIES FOR YOUR HOMES

Have you ever set about a systematic boycott of the florist? Not by carrying a sign, "Unfair to Nature," but by trying to see whether you can supply your house, or at least your table, with flowers and foliage gathered by yourself, independent even of your flower garden—if you are fortunate enough to possess one. The writer tried the experiment for several years, and found it very enjoyable and decidedly worth while.

Start Right Now.

The best time to start is now, while nature is particularly inviting and supplies you with a variety of her choicest flowers. One may lay, a sprig of parsley, and one clove.

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DAINTY SUMMER DESSERTS.

During the hot weather every housewife likes to prepare as many of the dishes to be served at the evening meal in the morning as possible. This is especially easy in the matter of desserts.

Relative may be served in a number of attractive ways. Its appetizing appearance, readiness to blend its flavor with that of any fruit, and the variety of ways in which it can be disguised to relieve it of any appearance of monotony, either in flavor or looks, makes of it a dessert upon which to depend.

Snow Pudding.

Soak one heaping tablespoonful of granulated gelatine in one cup of cold water for ten minutes. Dissolve it in one cup of boiling water, add a cup of sugar and a quarter cup of lemon juice. Stir and cool. When cool add just ready to set, beat until frothy and add the stiffly beaten whites of three eggs and continue to beat until the mixture will hold its shape. Mold in any desired form and chill thoroughly. Serve with custard sauce.

Custard Sauce.

Beat the yolks of the eggs and add one-quarter cup of sugar. Stir into this gradually two cups of scalded milk. When completely mixed place on the stove in a double boiler and cook until the mixture thickens. Add a teaspoonful of vanilla and chill thoroughly.

It is a very good plan to make this dessert the first thing in the morning. While the breakfast is cooking it can be made ready for the icebox. It will be ready to whip after the breakfast dishes are washed, and little time is required for the custard.

An attractive pink pudding can be made if the pink coloring matter that is found in nearly every box of gelatine is used. This can be served on the second day with crushed fruit. When savored with pineapple and covered with crushed strawberries, this is indeed a delicious dessert. It is better to leave the pudding uncolored in that case, as the white and red look very attractive in contrast.

DEFECTS OR BEAUTIES, WHICH?

Many poets have discovered that freckles are adorable, painters rave about red hair, and moles are an irresistible charm sometimes. Wrinkles are not pretty, but they are a great deal better than a vacuous nothingness or a doughy, dead, unlined skin. To fuss too much with oneself is to invite new troubles and often to produce an artificial look that is more unpleasant than whole-some maturity.

An extensive deposit of asphalt of high quality has been discovered in the Philippines.

FAMOUS WOMAN—HER BIRTHDAY AND YOURS

PRINCESS MARIE JOSE AND ROSAMOND HILL.

By MARY MARSHALL

Rosamond Hill, English educational reformer, was born in England eighty-nine years ago today. Her father was a prominent English lawyer and prison reformer, and as a girl Rosamond had every opportunity to study the social and educational questions that were vexing England three-quarters of a century ago. She was very well educated and through her father came into association with men and women of prominence. Among the close friends of the Hill family was the novelist Thackeray.

It was not till Rosamond Hill was twenty-six that the incident occurred that brought her to celebrity. At that time she was living for a time in Bristol, England, and while there she heard of the educational reformer, Mary Carpenter, who had established the "St. James Back Ragged School." St. James Back was the name of a filthy lane in the city of Bristol where the poor and miserable wrecks of humanity of Bristol had been kept in comparative ignorance to their better-to-do neighbors. Miss Carpenter had shown great pluck in establishing a charity or "ragged" school in this neighborhood.

Miss Hill was much interested in the school and proposed to Miss Carpenter that she assist her in the school. After a little time went among the school children Miss Hill came to the conclusion that it was housework and hygiene rather than arithmetic and reading that these poor children needed most to be taught, and through her efforts the course of study of the school was made more practical.

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SUMMER BREAKFASTS.

"I wish," said the doctor, "I could make my patients realize that breakfast is just as necessary for their physical well-being in the summer time as at any other time of the year.

"Many persons, because of their fickle appetite during the heated period, take it as an indication that their systems do not require food in the early morning.

"The human body after a night's sleep may well be compared to a furnace that has been banked during the night. As the matter, the few live embers that remain need fuel in the early morning, so it is with the body. For it is then that all functions are at the lowest ebb.

"At the same time, a hearty breakfast consisting of stewed or fresh fruit, cooked or uncooked cereal, with milk as a beverage, gives the body excellent fuel for the day's work.

"On occasion when I have been in a patient's kitchen and have observed the frying of ham and potatoes, and smelled the coffee, I have said to myself, I have suggested that a large bowl of oatmeal with plenty of milk for each person, would prove a more sustaining and wholesome breakfast.

"When cooking cereals they are made more digestible when prepared in a double boiler, thus allowing them to be cooked by the steaming process, which preserves the nutritive properties.

"Eliminate coffee during the summer months. Also meats and when drinking tea, use it weak. Fried foods of any kind are to be avoided, as are hot breads. Milk products of all kinds make desirable beverages for summer breakfast. Among these, malted milk, flavored with coffee, has a pleasant taste. Buttermilk is also to be recommended.

"Don't go to the table and eat all that is placed before you, just because it is there. Eat the articles of food that appeal to the appetite and that are wholesome, partaking of sufficient quantity rather than of great variety."

BAD TEETH CAUSE ENLARGED TONSILS

Dr. Layton, of London, says that before operating for adenoids and tonsils when a child has a cold and enlarged tonsils, try first to improve his general health and have the teeth attended to. He says that four bad teeth are enough to affect the lymphoid tissues of the neck and so enlarge the tonsils. A trip to the dentist's and deep breathing exercises will almost invariably cure tonsil trouble if the disease is local and not a general condition of the system or not due to some recent infection.

WEE WILLY WONDERS

At dinner last evening he heard Judge Black say that he had one witness under fire for over four hours. Willie didn't talk any because he was afraid the judge might get mad and burn him some time.

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LATEST PHOTOPLAY NEWS

Motion Picture Editor: I was out of town when the "Million Dollar Mystery" series started. If you could inform me whether this series is to be started in some other theater and where and at what time I assure you that I would greatly appreciate it. I am.

Yours respectfully,
P. M. W.

The first of the series will not be shown again in Washington. The theaters are now showing the third to the sixth films. The Mutual Exchange, by telephone, will tell you when and where you can see the different installments of the picture.

Miss Ruth Stonehouse, whose fame as a motion picture actress for the Essanay Company is world-wide, is herself a "film fan." Miss Stonehouse was talking to some friends the other day, when one of them said:

"I should think that you would get so weary of motion pictures that you would hate to pass a theater."

"No, you're wrong," said Miss Stonehouse, "and in fact I am probably one of the greatest motion picture fans in the world. There is hardly a night passes that I do not go down to our neighborhood theater and watch the screen. Every character in the picture interests me. I watch closely everything they do."

Bryant Washburn, who is the most successful villain of many of the Essanay photoplays, denies that crime pictures are detrimental to the motion picture theater-going public.

"The great thing in the crime picture," said Mr. Washburn, "is that the villain always gets his just deserts. The lesson is, therefore, one of good and not evil. If the villain were ever successful in his malicious schemes and plots, then it would be a different matter. But I really think that every one who sees photoplays cordially hates the villain. No one has thought of emulating him, because the conclusion of the picture always shows the villain's end. I never win, and that good and virtue eventually triumph."

The Streets of Cairo are rising at the Selig Zoo, Los Angeles. In the making, Bombay and its mysteries had to be effaced by scenic artists and helpers. For "The Adventures of Kathlyn," now are far in the past at the two-million-dollar studio, where a horde of actors, directors and assistants are advancing upon other notable productions with great rapidity.

Among them is "The Carpet of Baghdad," by Harold MacGrath, which not only demands the life of the actor, but also a great scene which will be one of the big settings of the pretentious production. Col. Campbell will direct this feature, while Kathlyn Williams will appear as Chedrese Fortune. Construction of studio sets alone is requiring several weeks, while Director Campbell personally is traveling far in search of effective exterior locations. The Selig Polyscope Company is having costumes made throughout for this production, in order to carry out the clever and appealing atmosphere created by the strong story.

Harry Pollard, of the "Beauty" Brand, has told a certain prisoner to send on a fancy bride he has made, and that he will buy it. This prisoner asks Harry to help him appeal to the Supreme Court and prove his innocence of stealing of a horse. He says that they are moving pictures in the prison every Sunday and that he often sees Harry and Marguerita Fischer on the screen there and picked Harry out to write to. Some instinct must have directed him to do so, for Harry is always ready to help a man who really needs it. The bride is made of platted leather and finished off with horse hair in fancy colors and designs.

"Sherlock Bonehead" is the title of a new farce play produced by Kaleem, tells of the rivalry which exists between a chief of police and a chief of detectives who desire to capture a smuggler for whom a reward is offered. This comedy will be released Friday, August 21.

Ruth Roland, the irrepressible Kaleem comedienne, takes part in this production and helps the fun along in her own inimitable way. According to the story, Sherlock Bonehead and Chief of Police Ivoryport sail in love with Helen, a girl from the city. Smith, a government detective, informs the officials that \$5,000 has been offered for the capture of Capt. Kidd, a smuggler.

Ivoryport and Bonehead see a suspicious-looking character prowling about the next day and follow him. They follow their man over hill and down dale. Their quarry seems to be pursuing another

man. The latter comes upon Helen, who is about to get into a rowing machine, and he compels the girl to row him across the river.

Catching him unaware, Helen stuns the man with her oar. Meanwhile, Bonehead, the chief of police, and the entire department have an exciting time of it in their effort to cross the river. After numerous ups and downs, they finally reach the other side, only to find that the quarry is the government detective, and that the man whom he was chasing is Capt. Kidd. To add to their grief, the chief of police and Sherlock Bonehead learn that Smith is Helen's sweetheart from the city.

SCHOOL EXHIBITS PLANNED.

Work of Playground Students Will

Be Shown Friday and Monday.

Exhibitions of articles made by Washington school children on the playgrounds of the city will be shown at various schools in the city next Friday and Monday evenings.

The program of the exhibitions is as follows: Friday evening—Lodlow School, Wallace School, C. W. Schmitt School, Wallace School, Anacostia School, Congress Heights School, Glidings School, Arthur School, Langston School.

Monday evening—Phillips School, Magruder School, Monroe School, Petworth School, Henry School, Bowen School, Jefferson School.

GLEN ECHO DANCE CONTEST.

Among the hundreds who made merry at Glen Echo Park last night, the dancing contest was strongly in the majority. The special reason for the unusual interest was the fact that a number of the contestants who will take part in the dancing contest for the championship of the District tonight and Thursday night were on the floor.

Among the most recent entries for the contest are Albert E. Joseph and Mrs. M. G. Appold, W. P. Stock and Mrs. E. M. Murry, Edward Dunbar and Miss Millie Hurley, A. T. Geraci and Miss Gertrude Smith, C. W. Schmitt and Miss Dorothy Smith, Malcolm Hale and Miss G. Smith, J. Hohmann and Miss Mary Morgall, and A. J. Gill and Miss G. Doyle.

SAILING IN THE MOONLIGHT.

At 7 o'clock last evening, when the steamer St. Johns left her wharf for the regular forty-mile moonlight trip, a happy crowd of merry-makers crowded the decks. The Zion Lutheran Church and the Arrow Boat Club gave a joint excursion to Indian Head and return. One of the special features of the excursion was the specially arranged dancing program. The moonlight trips will only be given Monday evenings, the St. Johns making her regular daily trips to Colonial Beach every day, except Monday, at 9 a. m. and on Saturdays at 2:30 p. m.

Spain is considering the building of a double-tracked railway line of normal European gauge, to be operated by electricity, between Madrid and the French border.

THE SUFFRAGE MOVEMENT AND WOMANLY BEAUTY

The newspapers happily have proven by printing photographs of many suffrage leaders that they are up to the minute, both as to clothes and as to beauty and we contend modern women are beautiful because they have learned to care for themselves and study beauty methods. Then, too, we have found an astonishing thing—namely, that they have discarded face powder.

The reason complexion suffers so much in summer is because powder does not offer sufficient protection against the hot sun. A plain spumax lotion not only safeguards the skin from the elements, but in itself is a beautifier of great worth. To prepare this lotion at home, dissolve 4 ounces spumax from drugists in 1/2 pint hot water (or witch hazel) and add 2 teaspoonfuls glycerine. This applied to the skin becomes invisible and imparts a velvety softness and dainty tint to a rough, faded skin, relieving that shiny, oily appearance, and its use will insure a lovely, clear complexion.—Adv.

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THE WASHINGTON HERALD, Washington, D. C.

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These Portfolios cannot be purchased except with HERALD coupons. They are in the nature of souvenirs and contain nearly two dozen engravings of motion picture stars with biographical sketches. Coupons redeemed at Herald office only. Mail orders must be accompanied with 5c extra.

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